

# Sheena N.



**Certified Personal Trainer**  
**Team Member Since: 2005**

## Education & Certifications

- BA in Sports Medicine from University Of Pacific
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Running
- Golf
- Tennis



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)